

WOW News

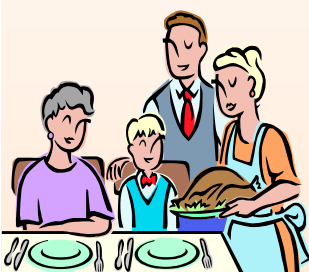


National Family Week

November 21 - 27

Families exist in various forms, from single or two-parent with an only child to single or two-parent with many children. Extended families may include one or more grandparent, one or more grandchild, and various other member combinations. A sense of family (however large or small) can play a significant role in the lives of individuals of all ages.

"Family Day" is celebrated in the month of September. However, everyday should be Family Day. Family time is important for sharing, fostering



togetherness, opening communications, identifying family and individual needs, and helping children feel that they belong. [Mealtime](#) is a great time for family communication.

Spending time with children provides ideal opportunities for parents to [role model](#). Healthy eating and exercise habits, socialization skills, coping mechanisms, temper control, and numerous other tidbits can be imparted to children, as well as reinforced among adult family members.

Carolyn Pape Cowan & Philip Cowan, husband-&-wife psychologists at the University of California used indicators "such as achievement tests, teachers' descriptions of children in classes, and their own interviews, analysis of relationships and other observations" to "predict how well children will do emotionally, socially and academically". The key was how their parents were doing. [Happy parents](#) who take care of themselves - emotionally and otherwise - are believed to nurture happy children.

Learn more about [National Family Week](#).
Family Week [Events](#) in Michigan.



November 2004

Stairwell
To Better
Health

Pedometer
Discount

Fitness
Club
Discounts

There's More

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"3 Good ideas to be healthier"

(As part of a minister's sermon)



1. **To get more fruits and vegetables into our diets**, wash and dry fruits like oranges (Yes, even fruits with peels! They stay fresh longer.), peaches, nectarines, grapes, plums, apples, whatever is in season at the time. Put the fruit into a basket in the refrigerator at **eye level and easily visible** for the family. I cut up, rinse off, drain and pack melon, carrots, celery, cucumber or broccoli flowerets into individual containers and stack those near the fruit basket. I check the basket and the containers every 2-3 days for refills and to make sure that there isn't anything that's spoiled (although they don't seem to stay full that long). **This has resulted in all of us eating more fruits and vegetables because they are easier to get to than the cookie jar!** My granddaughter who has always preferred crunching on carrots to cookies, loves it and thinks I've done it JUST for her!

2. **Buy less meat!** We still eat meat but we buy less and try to have 2 meatless dinners a week. People like me with **high cholesterol and blood pressure** have to watch the processed meat products. Bacon and preserved meats have to be eaten in moderation. I've had to learn to eat like Europeans, a few thin (and I mean THIN) slices of processed meats with lots of fresh fruits and vegetables is what you find in areas like France and Italy.

3. Throw a lemon in it! **Choose water over soft drinks and juices.** If you are a water 'hater', a few mint leaves, a slice of lime or orange or lemon, even cucumber will give you enough of a taste to make it more tolerable. And ice works for me. **Just by reducing the amount of sugared, caffeinated and carbonated items I drink, I have lost ten pounds.**



Biking for Wellness



I ride my bicycle to work each day, weather permitting. It's five miles one way. I park for free in the underground bike racks that the State provides in downtown Lansing.

I was an avid bicyclist in my teen's and up to my 30's because I enjoyed it. I've always thought it is stupid and wasteful to move a ton of steel so that a 150-pound organism can move a short distance. My return to bike commuting came in response to: #1. Becoming familiar with the League of Michigan Bicyclists (LMB), an organization made up of people who take biking seriously as a mode of transportation. & #2. Turning 50, and realizing that it takes *real* effort to stay fit as you advance in age.

My normal diet is balanced with a variety of foods. During the winter when biking is not feasible, even though I play ping-pong with my kids, I put on some weight. When biking season returns, the extra weight is gone. I need to be extra careful that I eat enough food to replace the large # of calories I burn when daily biking 10 miles to and from work.

Using a bike does take longer than driving, especially with the need to carry office clothes and to change them upon coming and going. But the bike ride is blended with a required activity--going to work. That makes the exercise easier to accomplish for me than, say going to a health club after arriving home, when I need to prioritize other tasks.

Bicycling in city traffic has risks, but a sedentary lifestyle does also. You can make your bicycling commute reasonably safe by riding on the right (ride with the traffic) and observing ALL of the rules of the road. Be predictable; avoid erratic movements. Wear bright colors to be visible. And if you bike at night, have on a LIGHT.



For more info visit www.lmb.org.

I love Jazzercise!

I began Jazzercise/aerobic dancing at the age of 18, and have kept it up into my 40s. I'm happy to have a class available during my lunch hour at work.



Making exercise a habit has helped me in many ways. I am a wife and mother of 5 children, including a set of twins, and am very close to the weight, flexibility, and health I enjoyed at age 18.

When the cold winter months get here I plan on also working out in my basement gym in the mornings before work.

My mother had physical disabilities that prevented her from exercising. I am very thankful that my body is healthy and I enjoy life to the fullest.

EXERCISE—The best hobby a person can have!!!

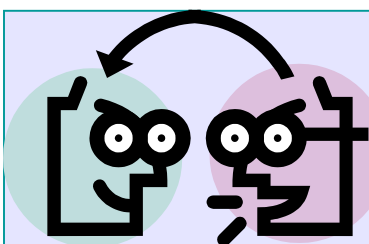
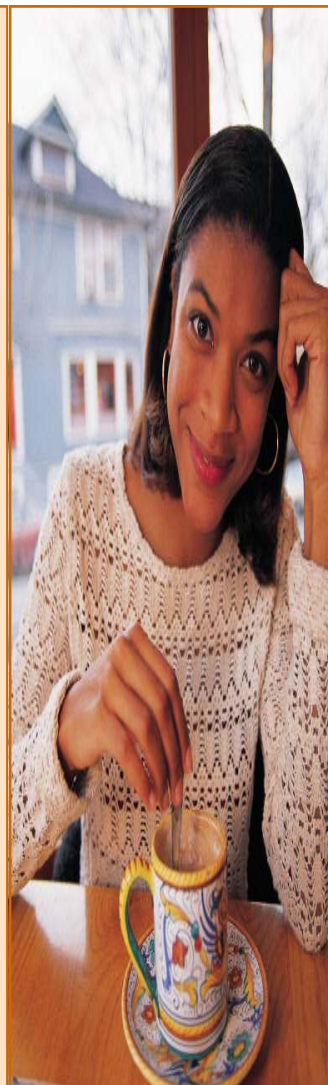
**Share a brief story on
what you do to promote
personal health
@
MDCS-WOW-
WorkingOnWellness**

What Works for Me

Diets usually don't work for me as I eat out of boredom and depression. Also I found that diets can be costly and leave you feeling hungry. However, our church went on a '40-day Daniel' fast, which is very similar to a diet, but you can actually get full and feel satisfied. I'm happy to say I made it 3 full weeks and lost 10 pounds by the middle of week two.

It is simply all fruits, vegetables and whole grains, no refined sugars or anything containing white sugar, no white flour, and no dairy products. By the end of the first week things got a little boring as we were just eating salad with Italian dressing, fruit, and vegetable soup along with apple juice. These things 'detox' the body naturally. As time went on we discovered a lot of fun foods that we could enjoy. Things like french-fries because they are cooked in vegetable oil, (but too many can still be fattening) corn bread made with honey instead of sugar, wheat flour instead of white, tostadas made with non-fat refried beans and lettuce, decaf coffee with brown sugar, (actually tastes quite good) and fish fried in olive oil with corn meal or baked. It's all healthy and tastes quite good. Still a little expensive, but well worth it.

Trying new things was fun too. I had no idea that I would actually like raisins on my salad. And plain oatmeal with brown sugar and cinnamon is very good too.



Setting an Example

They tease me around work because I eat all the time. I'm eating fruits and vegetables constantly. I don't eat big meals, just eat healthy foods often throughout the day. I try to eat well at home too because my husband has high cholesterol. I try new things all the time and encourage co-workers to do the same. When I find something healthy that tastes good, I bring some in for everyone to try. We are like the *Martha Stewarts* of the state police department. We are always bringing in something to share with each other. The BEST THING IS THAT WE ENCOURAGE EACH OTHER TO EAT HEALTHY, that includes at work as well as at home.

Beans & Greens Soup

- 1 pound pinto beans, sorted, washed and soaked in water for 12 hours or overnight
- 3 cloves garlic, peeled and crushed
- 1 large onion, peeled and chopped
- 1 1/2 teaspoons cumin seed
- 1 teaspoon red pepper flakes
- 1/4 cup chopped cilantro
- 2 teaspoons liquid smoke flavoring
- 4 cups finely chopped fresh/frozen kale, collards, or mustard greens, cooked
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1–1 1/2 tablespoons cider vinegar
- Pepper, to taste
- 2 cups or diced fresh tomatoes
- 1/2 cup low-fat yogurt



Drain soaked beans and place in a heavy, deep non-aluminum pan. Add onion, cumin seeds, red pepper flakes and enough water to cover by 2 inches. Bring to boil and lower to simmer and cook, covered about 1–1.5 hours. Add more water as needed. Stir often and cook until beans are tender.

Calories: 279

Total fat: 5g

Saturated Fat: 1g

% of Calories from Fat: 16%

Carbohydrates: 46g

Cholesterol: 0mg

Fiber: 16.5g

Sodium: 340mg

Servings: 8

[More 5-A-Day Recipes](#)

WOW's Contest & FREE Drawing 11/04

- All State of MI employees are eligible.
- Send your answers in the WOW e-mail link provided:
MDCS-WOW-WorkingOnWellness@michigan.gov
- The name of employees giving the correct answer will be put into a monthly drawing for a FREE gift.
- Each month one new winner will be chosen; sorry an employee can WIN ONLY ONCE.

November 2004's question is: According to the American Diabetic Association, how many diabetics are there in the U.S.?

REMEMBER the answer is in the November's WOW.

Please send your answer by November 19th!